



VOLCANOES IN PARADISE
HIKING KAUAI & THE BIG ISLAND
June 6 – 18, 2022 (Trip #2244)



Looking from Mauna Kea to Mauna Loa. (All photos by M. Darzi.)

INTRODUCTION

Aloha! Extending 1500 miles across the central Pacific, the Hawaiian Archipelago forms a veritable tropical paradise, isolated from the nearest continent by 2000 miles of sea. Hawaii's spectacular scenery over a wide range of terrain, altitude, and ecosystems, makes its "paradise" appellation especially apt for hikers. Experience this hiking bounty with us on two of the Aloha State's main islands, Kauai and the Island of Hawai'i, better known as the Big Island. *Mahalo.*

Kauai Highlights:

- Awa'awapuhi Trail
- Maniniholo Dry Cave, Kalalau Trail, and Hanakapi'ai Falls on Nā Pali Coast
- Nounou Mountain, Wailua Falls, and Ho'opi'i Falls
- Waimea Canyon and Waipo'o Falls
- Alaka'i Swamp



Beach on Kauai

VISIT...

LANZAROTE
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Halema'uma'u Crater

The Big Island Highlights:

- Hawai'i Volcanoes National Park
- Evening stargazing at summit of Mauna Kea
- Kīlauea, Kīlauea Iki, Thurston Lava Tube, Chain of Craters, Halema'uma'u
- Lava trees and black-sand beaches
- Mauna Loa, hike near summit
- Waipi'o Valley and 'Akaka Falls
- Rainbow Falls, Boiling Pots, and Pu'u Huluhulu

Many of the places we will visit are shown in this [photo album](#). In addition, several of our activities will teach us about Hawaiian history and culture, geology, flora, and astronomy. A detailed itinerary is presented below. We will be staying at 3-star hotels and all the hikes will be day hikes. For more information about accommodations, meals, and local transportation, see below.



*Pāhoehoe created from molten lava
Kīlauea East Rift Zone 2017 eruption*

TRIP DIFFICULTY

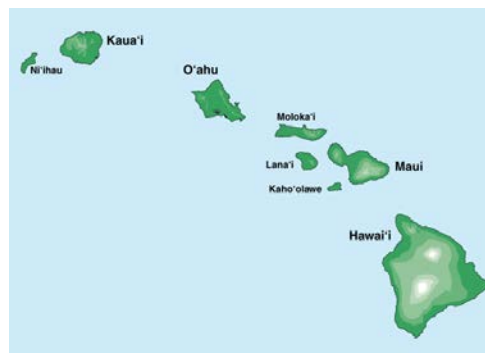
This trip is rated [4/5 \(moderate/vigorous\)](#). The hikes will all be day hikes (no backpacks), ranging from easy to strenuous. We will hike almost every day from 3 – 7 hours per day. The terrain may be rugged and steep in places, requiring agility. There may be short sections on narrow trails with exposure (steep drop-offs). We will hike at a moderate pace, which will permit time for photos and rest breaks. We will be hiking at a wide range of elevations, from 0 to 13,000 feet, so you may expect to encounter a wide range of temperature, precipitation, and wind speeds.

We will carry daypacks containing all our clothes, gear, food, and drink for the hike, but not weighing more than 15–20 pounds. Applicants must be experienced hikers who have done multi-day hiking trips, are capable of doing an 11-mile hike at a moderate pace with an elevation change of +2,500/-2,500 feet in a variety of terrain and weather, as well as hiking at higher elevations.

Participants must be in excellent physical shape, hike on a regular basis, and be capable of vigorous hiking for several days in a row.

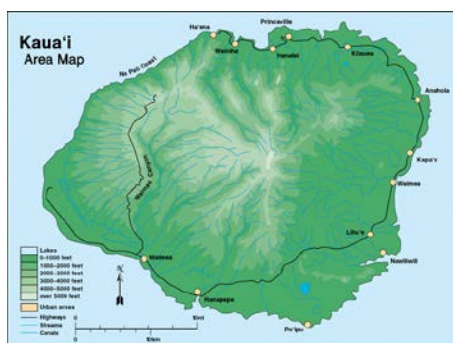
GEOPHYSICAL SUMMARY

All the Hawaiian Islands are volcanic in origin and were created over the last 30 million years as a result of the Pacific Plate moving northwestward over a single hotspot, or mantle “leak.” As the volcanoes move off the hotspot with the plate, they become inactive, and their islands get smaller due to erosion and subsidence. At 5 million years, Kauai is the oldest of the main islands, whereas the Big Island is the youngest and still growing toward the southeast.



The Big Island comprises five shield volcanoes, three of which—Mauna Loa, Kīlauea, and Hualālai—are the only active ones in the archipelago. Shield volcanoes are created by effusive eruptions, with molten rock gently, slowly, and fluidly pouring out of fissures, forming many thousands of layers that build the giants. Mauna Loa, at 13,678', is the world's largest mountain by volume, but is surpassed in height by its dormant neighbor, Mauna Kea, at 13,803'.

DETAILED ITINERARY

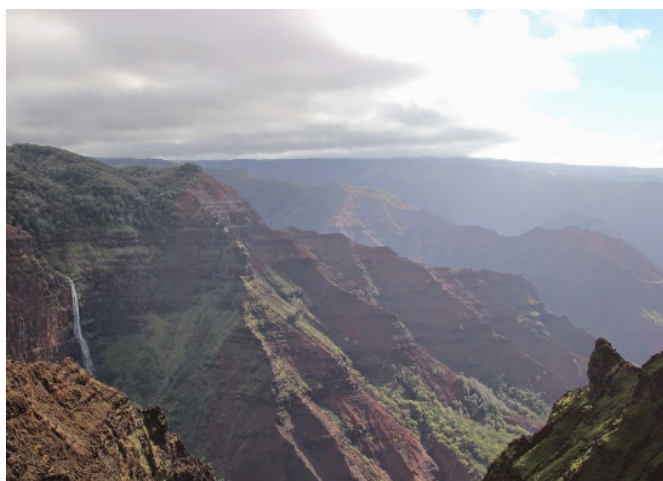


Notes regarding itinerary: Unless a date is specified, the order of activity days on each island may depend on weather, but is otherwise arbitrary. We will drive each day from our base hotel on each island. Time of activity start in the mornings will vary depending on each day's activities, but will generally be about 8:30 am. Similarly, the end of activities each day will vary, although we will aim for a dinner time of 6 to 7 pm. For hikes, the miles, the elevation gain, and a rough estimate of duration times are shown within parentheses.

Day 1 (Monday, June 6, 2022): Arrival in Līhu'e, Kauai; “welcome” group dinner.

Day 2: Hike Awa'awapuhi Trail (6.5mi, 1600', 4h); 'Kōke'e Museum; several car stops at overlooks; group dinner.

Day 3: We'll explore the north shore, including Hanalei Bay, Maninihola Dry Cave, and Hanakapi'ai Falls; we'll do various small hikes, including the first 2 miles of Kalalau Trail (total 5mi, 500', 3h) on Nā Pali Coast; group dinner.



Waimea Canyon with Waipo'o Falls on Left



End of Awa'awapuhi Trail overlooking Nā Pali Coast

Day 4: Hike Nounou Mountain, the Sleeping Giant (east) (3.6mi, 1200', 3h); hike Kuilau Ridge Trail (4mi, 750', 3h); Wailua Falls; Ho'opi'i Falls.

Day 5: Waimea Canyon loop (6mi, 700', 4h); Alaka'i Swamp (3.5mi, 600', 2.5h); group dinner.

Day 6 (Saturday, June 11, 2022): Fly to Hilo; group dinner.

Day 7: We'll explore the Hilo area, including Tsunami Museum and Lili'uokalani Park & Banyan Drive; Lava

Tree State Monument; Secret Black-Sand Beach; go to East Rift Zone to see recent lava flows (with luck, molten lava); group dinner.

Day 8: We'll visit Hawai'i Volcanoes National Park (1 of 2 days): hike Kīlauea Iki loop trail, Devastation Trail, part of Crater Rim Trail (total 10mi, 500', 6h); Thurston Lava Tube; ranger program; group dinner at Volcano House.

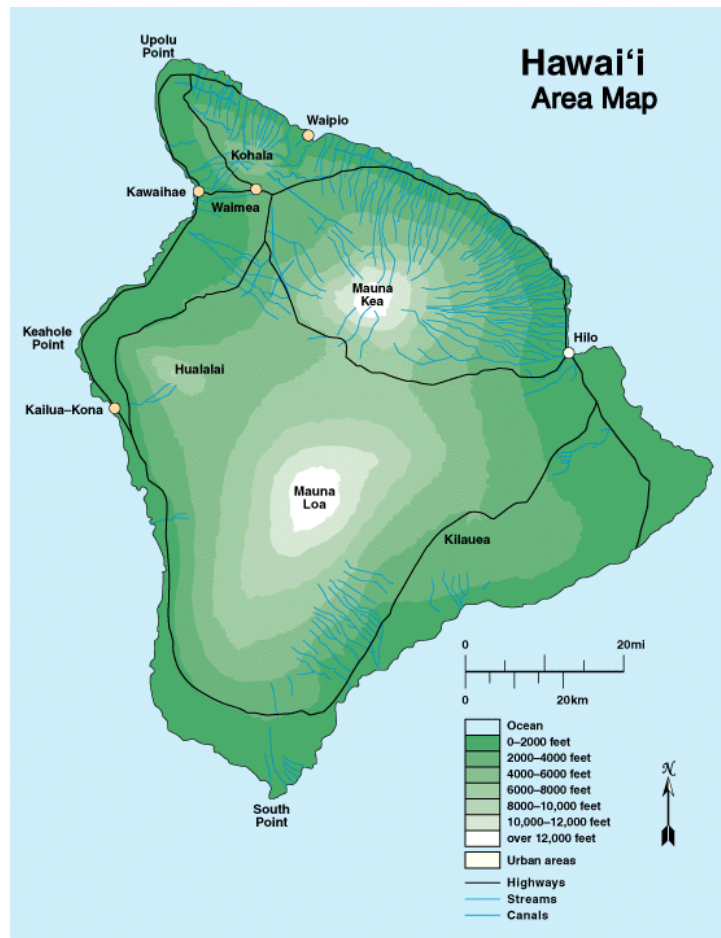
Day 9: Hike Pu'u 'Ō'ō Trail (~3mi, little elevation change, 1.5h); hike Mauna Loa Observatory to North Pit Junction & back (7.6mi, 1,800' from 11,200' to 13,000', 5.5h).

Day 10: We'll visit Hawai'i Volcanoes National Park (2 of 2 days): hike Halema'uma'u Trail (5mi, 400', 3h); drive Chain of Craters Road; short hikes (total ~5-8 miles, ~800', ~4.5h); group dinner.

Day 11: We'll explore the Hāmākua Coast, including Waipi'o Valley hike (3mi, 1,000', 2.5h), 'Akaka Falls State Park, Hawaii Tropical Botanical Garden; group dinner.

Day 12 (Friday, June 17, 2022): Rainbow Falls; Boiling Pots; Pu'u Huluhulu; guided tour to Mauna Kea summit (13,803', highest in state) for stargazing; group dinner.

Day 13 (Saturday, June 18, 2022): Fly home.



LODGING/MEALS/TRANSPORTATION

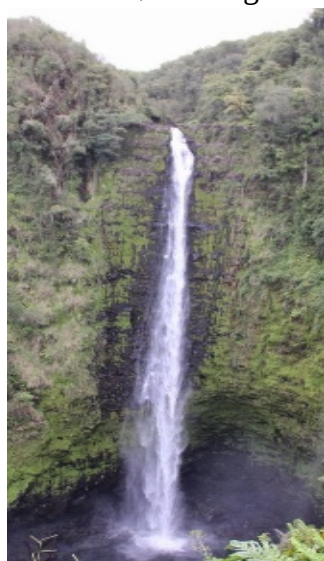
Lodging accommodations are for double-occupancy rooms with shower or bath in comfortable, 3-star hotels. All breakfasts will be at hotels or restaurants and are included in the price; lunches will be bag lunches or at eateries and are not included; and dinners, all but two of which are included, will be at restaurants. We will use rental vehicles for transportation and participants may be drivers if they pass a driving record check.



Waipi'o Valley

TRIP PRICE

The trip price is \$3,800 for AMC members, and \$3,900 for non-members. Non-members can [join](#) AMC for \$50 and get the same price. The price includes the following items:



'Akaka Falls

- Lodging
- All breakfasts and all but two dinners, from first evening's "welcome" dinner through breakfast on the last day
- All ground transportation
- Fees for planned group events
- Emergency medical and evacuation insurance coverage

Airfare is not included in the trip price. At this time, we estimate that the price for a round trip between the east coast and Kauai will be \$1,200–1,700, and that the flight from Kauai to the Big Island will be about \$175. Also not included, are lunches, snacks, alcoholic beverages, and other personal expenses.

The final trip price is based on the actual costs incurred. Any savings or cost increases will be passed back to you, the participant. The cost estimates in this prospectus are conservative, and so a refund is considerably more likely than a price increase.

AMC Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for the travel costs associated with the trip. The advertised trip price includes a surcharge which goes toward the administrative expenses of the AMC Adventure Travel program.

The trip price also includes emergency medical and evacuation insurance coverage, which is required by the AMC.



Banyon Tree in Hilo

It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Trip extensions: Participants are welcome to extend their trip either before or after the dates of our trip, June 6–18, 2022. However, such extensions are solely the responsibility of the participants in terms of arrangements and costs. AMC takes no responsibility related to that travel and any associated risks. Since the AMC-included medical and evacuation insurance coverage is only valid while you are participating in the AMC trip, you may want to consider purchasing additional insurance for any non-AMC-sanctioned extension.



Pāhoehoe Lava

APPLICATION PROCESS AND PAYMENTS

To apply, you must complete and submit the application, health, and waiver forms, which can be downloaded from this [website](#).

Forms may be completed electronically using Adobe Reader, including signature and date. Otherwise, you can print the blank forms and complete them by hand. Each applicant must

complete and sign a copy of each of these forms, and mail them to Mike Darzi (PO Box 2308, Rockville, MD 20847; Mike.Darzi@Gmail.com), with a deposit check of \$1000/applicant payable to the Appalachian Mountain Club. Forms completed electronically may be emailed directly and forms completed by hand may be scanned/emailed if it is easier; we do not need hardcopies. This trip is likely to fill quickly, so you should apply as soon as possible if you are interested.



Snow-capped Mauna Loa, largest mountain in the world

To be offered a spot on the trip, the leaders must determine that you and the trip are a good



Snow-capped Mauna Kea, tallest mountain in Hawaii

match, a process that may require a telephone conversation with you and reference checks. Your deposit check will not be cashed until you are offered an actual spot and you accept. A second payment of \$1,500 will be due October 1, 2021, and a final payment of \$1,300 will be due February 1, 2022.



Kīlauea East Rift Zone 2017 eruption

CANCELLATIONS

To cancel, you must provide the leader with a written (email or letter) notification. The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$200. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner may be considered a cancellation.

On rare occasions, AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure (e.g., terrorism, local health conditions, natural disaster, changes in local regulatory environment). In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear, or medical expenses).



Maniniholo Dry Cave



'A'ā lava near Kīlauea

EXPECTATIONS

The exact itinerary may require changes based on safety factors, transportation logistics, or lodging availability, and other unforeseeable circumstances such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies. The leaders reserve the right to make such changes as necessary, both before and during the trip.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders, in their sole judgment, have the right and obligation to refuse participation in any activity to any group member for reasons of group or individual safety. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that may result in a participant's inability to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Safety is paramount for all AMC-sponsored events. Participants should be aware that there are risks associated with outdoor adventure activities, including, but not limited to, adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles or on foot. It is worth noting that we will walk on some sections of trails composed of 'a'ā lava, which is jagged and very sharp, and can easily cut through thin footwear.



Kilauea Iki crater

Participant responsibilities: You must be equipped with appropriate gear. Always be aware of the risks involved and conduct yourself accordingly. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sunburn and other heat or cold related problems. You should use sunscreen regularly and be sure to bring enough water to be adequately hydrated on all day trips. There is a risk of tick-borne disease, so you may wish to use insect repellent as appropriate. You are ultimately responsible for your own safety.



Thurston Lava Tube

AMC Mission: AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

GROUP INFORMATION

This trip is limited to twelve to fourteen participants and two AMC leaders. It is designed so that everyone may experience our

adventure in Hawaii through shared participation in activities in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience. You should enjoy traveling and be comfortable traveling in areas that are unfamiliar to you. You should recognize that you may find yourself in close quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a good time. If you do that, we guarantee that you will have a great time.

TRIP LEADERS



Mike Darzi, Leader, has been leading outings (mostly day-hikes, some paddling and backpacking) for the Appalachian Mountain Club and the Sierra Club for over 20 years. He has served as the Chair of the AMC Potomac Chapter, 2015-2016, and as Chair of the Sierra Club Potomac Region Outings, 2008-2012. He has led numerous multi-day trips in the northeast and mid-Atlantic U.S. For AMC Adventure Travel, he has led or co-led trips to Morocco, France, Switzerland, Italy, Bulgaria, and western U.S., and expects to lead a Yosemite trip before this one.

Samir Patel, Leader, first became a member of AMC in 1992. He has traveled to many parts of the world with AMC Adventure Travel Program, including New Zealand, the Dolomites in Italy, Patagonia, Japan, Mexico, Alaska, Canadian Rockies, Ireland, and many national parks in the U.S., and abroad. He is certified for Wilderness First Aid via NOLS, and CPR via American Red Cross.



Questions: If you have any questions or concerns, please contact one of the leaders to discuss.

Mike Darzi:

Mike.Darzi@Gmail.com

301-580-9387

Samir Patel

sam5670@yahoo.com

978-270-0714

WHAT TO BRING

Below is a list of the required and recommended items for the trip. If your personal equipment philosophy is different in significant ways, please consult with the leaders. Note that you should pack light and bring one suitcase and one daypack per participant.

Required/Essential

- Suitcase or duffle big enough for all your personal clothing and gear
- Daypack large enough to carry the clothes, gear, food, and water you will need for each hike
- Broken-in hiking boots (preferably above ankle)
- Rain and wind protection gear
- Synthetic pile/fleece jacket, or wool sweater
- Non-cotton shorts (1 or more) and long pants (1 or more) for hiking
- Non-cotton shirts (at least 2-3) for hiking
- At least 2-3 sets of hiking socks with liners
- Long underwear top and bottom
- Polypropylene, Coolmax, Bergelene or other synthetic extra layer clothing
- Hat for warmth, and gloves or mittens
- Comfortable clothing for evenings and in town
- At least two quart/liter water bottles or equivalent hydration system
- Waterproof pack cover, or garbage bags for pack liner
- A lightweight flashlight or headlamp with extra batteries
- Toilet paper and Ziplock bags to pack out waste
- Personal toiletries and prescription medications (extra pair of prescription glasses)
- Hat, visor, sunglasses, sunscreen, and/or bandana for sun protection
- Hand sanitizer



Recommended or Optional Gear

- Hiking poles
- Personal first aid kit with foot care, etc. (leaders will have group first aid kits)
- Medications such as Imodium for digestive problems
- Whistle, small knife (in checked bag)
- High-energy trail snacks
- Sandals and/or sneakers for towns and time off the trail
- Earplugs
- Insect repellent
- Bathing suit, flipflops
- Moisturizing eye drops
- Binoculars, camera, batteries, recharger
- Field guides, reading material
- Cell phone, tablet, and or laptop, with charger